

Practice Improvement Protocol 11

Best Practices



**Developed by the
Arizona Department of Health Services
Division of Behavioral Health Services**

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**ARIZONA DEPARTMENT OF HEALTH SERVICES
DIVISION OF BEHAVIORAL HEALTH SERVICES**

**Practice Improvement Protocol
Best Practices**

Issue

The Arizona Department of Health Services/Division of Behavioral Health Services recognizes and endorses the application of certain behavioral health interventions.

Purpose

The purpose of this Practice Improvement Protocol is to identify those approaches, treatments and modalities that ADHS/DBHS recognizes and endorses for use by behavioral health providers delivering services in the public behavioral health system. The attached list is not intended to be comprehensive nor does ADHS/DBHS mandate that Regional Behavioral Health Authorities and behavioral health providers strictly adhere and restrict treatment approaches to the best practices identified.

Definitions

Best Practices - Behavioral health interventions that can be further described as one of the following: Evidence-based Practices, Promising Practices, or Emerging Practices.

Evidence-based Practice - An intervention whose effectiveness has been demonstrated using the best science-based approaches. Knowledge about such interventions should then be integrated in balance with two additional essential components: the skill and judgment of health professionals; and the unique needs, concerns and preferences of the person receiving services. Evidence-based practices are not intended to be automatically and uniformly applied, but instead considered as a combination of all three factors.

Emerging Practices - New innovations in clinical or administrative practice that address critical needs of a particular program, population, or system, but do not yet have scientific evidence or broad expert consensus support. Application of emerging practices must integrate clinical expertise and patient values.

Promising Practices - Clinical or administrative practices for which there is considerable evidence or expert consensus, and which show promise in improving client outcomes, but are not yet proven by the highest or strongest scientific evidence. This intervention is an integration of clinical expertise and patient values.

Protocol

In addition to the Clinical Practice Guidelines, Practice Improvement Protocols, and Technical Assistance Documents listed on the ADHS/DBHS Website, the following best practices are also encouraged by ADHS:

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- Assertive Community Treatment
- Functional Family Therapy
- Motivational Interviewing
- Supported Employment
- Family Psychoeducation
- Therapeutic Foster Care
- Family Systems
- Community Reinforcement Approach
- Motivational Enhancement Therapy
- Naltrexone
- Behavior Contracting
- Independent Housing with Supports
- Brief Intervention for Alcohol Abuse/Dependence
- Multi-dimensional Family Therapy for Adolescents
- Emotionally Focused Therapy for Couples
- Multi-systemic Therapy
- Dialectical Behavior Therapy
- Cognitive Behavioral Therapy
- Wrap Around Service
- Supportive Housing
- Relapse Prevention
- Solution Focused Brief Therapy
- Behavioral Marital Therapy
- Social Skills Training
- Opiate Replacement Therapies
- Texas Medication Algorithm